



## Foot Notes

September 2011



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### Back to School Sports Injury Prevention Tips

The fall time for our community's children typically means back to books and homework. For many of them it also means back to fall sports. Many return to strenuous sports such as football, cross-country running, and basketball after a summer of relaxing. This can predispose them to injury. This can further be exacerbated by a child's level of physical maturity and degree of athletic ability.

Proper training and conditioning can help prevent injury as well as help improve coordination and overall physical performance. There are several methods one can help avoid injury.

One of the most important ways to avoid sport related injuries in all activities is to properly warm up. Warming up helps to loosen muscles and prepare for an athletic activity. This includes proper stretching (but not overstretching), whether it be passive or dynamic as well as a light cardiovascular warm up.

Other ways to help avoid injuries is proper training prior to competition, which is typically sport specific and well managed by team coaches and trainers. Training typically includes cardiovascular fitness, strengthening and conditioning, stretching and improving flexibility, coordination and agility improvements as well as other sport specific modalities.

Despite proper warming up and training, a child still may unfortunately incur an injury during athletics. Injuries are commonly

seen as a result of overuse, and are often seen as the sport season progresses. Common injuries include:

1. Ankle sprains: This can involve either a partial tear or stretching of ankle ligaments. Symptoms may include ankle pain, swelling and bruising. Treatment typically involves a period of rest, icing, and either protective weight-bearing with a boot or a period of non-weight-bearing. It may take several weeks and often months for complete healing to occur. Once symptoms improve it is important to restore balance, coordination and strength in order to help prevent recurrence.

2. Shin splints: This can occur due to improper training, increase in acceleration during athletics, or overtraining. It can also be seen in sports where running on an incline or with quick acceleration is performed. Symptoms typically include pain to the front of the leg with activity, alleviated with rest. Treatment predominantly includes rest, possible use of physical therapy modalities and anti-inflammatory measures. Prevention of recurrence typically includes slower progression through the specific sport, conditioning and possible use of orthotics.

3. Heel pain: This can be a result of inflammation of the plantar fascia (the ligament that attaches to the bottom of the heel bone), inflammation of the heel cord as it attaches to the back of the heel bone, or inflammation of the growth plate

located at the back of the heel bone. Symptoms typically include pain and possible swelling. Treatment is catered to the level of discomfort, and can include icing, resting, use of heel cushions and orthotics.

4. Stress Fractures/Fractures: Fractures due to overuse are less commonly seen in younger people, as their bones are often more flexible. As a child matures, they are more predisposed to stress fractures due to overuse. Symptoms typically consist of pain and often associated swelling. There can be bruising as well. Often advanced imaging such as an MRI or a bone scan is needed to further evaluate a fracture if it is not easily seen on an X-ray. Treatment depends on level of injury and can involve rest, protective weight-bearing in a boot, non-weight-bearing in a cast or surgery to repair the injury.

If your child complains of pain, or has symptoms of unusual swelling, contact a health care provider to immediate care in order to prevent worsening of the situation. Early detection of a specific injury and early treatment means your child can most likely return to their sport or activity in a timely fashion.



## Pasta Pan-Fried with Butternut Squash, Sage and Pine Nuts

### Ingredients:

- 1 medium butternut squash/
- 1 small sweet onion, peeled and diced
- 3 cloves garlic, minced
- Olive oil
- Salt and pepper
- 1/2 cup fresh sage leaves
- 1 pound farfalle pasta
- 3/4 cup pine nuts, toasted
- 4 ounces high quality Parmesan, shredded or shaved

### Directions:

1. Heat the oven to 375°. Cut the butternut squash in half and scoop out the strings and seeds the middle cavity. Flip the squash halves upside down and peel them. Cut the squash into 1-inch cubes. Toss with the onion, garlic, a drizzle of olive oil and salt and pepper. Mince about half of the fresh sage leaves and also toss with the squash.
2. Spread the squash mixture in a thin layer on a large baking sheet and roast for about 40 minutes or until the squash is soft.
3. Heat salted pasta water to boiling and cook the farfalle until al dente. Drain and set aside. As the squash finishes roasting, heat about two tablespoons of olive oil in a large high-sided sauté pan. The oil is ready when it pops and sputters. (Don't let it start smoking.) Drop in the rest of the sage leaves and fry for about a minute, or until they begin to just shrivel up. Remove with a slotted spoon and salt lightly. Crush with the back of a spoon.
4. Add half the pasta to the pan, along with half the roasted squash mixture. Crumble in half the sage. Cook, stirring frequently, for five minutes or until the pasta is heated through and getting crispy on some of the edges. Add the pine nuts and cook for another minute. Stir in half the cheese and serve.
5. (Repeat the last step with the rest of the ingredients. It's very important that you not crowd the pan too much - you want the pasta to really pan-fry, not just steam up.)

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*One of the reasons  
that butternut  
squash is so good  
with pasta is its  
softness and  
richness; it smears  
through like a  
creamy sauce.*

## Upcoming Events

- **The Phil Presents: In Remembrance - A Concert to Honor the Victims of the 9/11 Attacks**

**Date:** Sunday, September 11, 2011

**Time:** 4:00 pm

**Venue:** The Naples Philharmonic

**Contact:** 239-597-1900

- **Summer Jazz at The Naples Beach Hotel and Golf Club**

**Date:** Saturday, September 24, 2011

**Time:** 7:00 pm - 10:00 pm

**Venue:** The Naples Beach Hotel and Golf Club

**Contact:** 239-261-2222

- **National Estuaries Day**

**Date:** Saturday, September 24, 2011

**Time:** 10:00 am - 3:00 pm

**Venue:** 300 Tower Road, Naples, FL 34113

**Contact:** 239-417-6310

## Keeping in step: Foot problems common in service industry

Consider the human foot.

Its 26 bones, 20 muscles and more than 150 ligaments make it one of the most complex anatomical structures of the body. A pair of them takes an average of 10,000 steps a day, absorbing the cumulative force of hundreds of tons.

And nowhere are feet more important than in a town with a large service industry like Las Vegas.

"Oh yes, my feet are very important to my career," says Colin Shaughnessy, a valet supervisor at Green Valley Ranch Resort. "I learned that pretty quick."

Yet, feet are perhaps the most overlooked, underappreciated body parts, says orthopedic foot and ankle surgeon Roman Sibel.

Until they hurt.

"Every aspect of your daily life revolves around your feet," Sibel says. About 50 percent of his patients see him for work-related foot and ankle injuries. "I don't think people understand the magnitude of change in life if they can't walk well. It affects everything from getting up to

making breakfast and going to work."

Service industry workers, including cocktail servers, valet runners, cashiers, restaurant workers, dealers and performers, are more susceptible to foot and ankle problems than those in other jobs for two reasons: footwear and time spent on their feet.

"They're not doing desk jobs, they're spending a lot of time walking back and forth," Sibel says. "They're typically wearing a uniform shoe. For women, it's often a high heel."

Leisa Glans, a cocktail server at Red Rock Resort, started her cocktail career at Imperial Palace 17 years ago. She was required to wear three-inch heels; at Red Rock, it's a two-inch heel.

"I'm from Oklahoma, so I never wore high heels," Glans says. "But for that first year, going from sandals to three-inch heels, that was painful. I think my foot just wasn't used to being in that position for eight hours."

Now, however, her feet are used to the shoes and the activity, so she rarely has problems with her feet.

Sibel sees two kinds of foot and ankle problems: acute and chronic. Arthritis is the most common chronic issue. Ankle sprains are the most common acute complaints, he says, and many patients are women who wear high heels for their jobs. Or they're dancers and performers who don't wear supportive footwear.

"I can't stress the importance of good shoes," says Rich O'Baid, a bellman at Red Rock Resort. He started out at Boulder Station 14 years ago. "Before I got the job, someone said a bellman needs good shoes."

For years, O'Baid has worn Rockports; they're athletic but a little dressy. They give him support around the ankles, too. A good pair of shoes lasts him at least six months, he says. A few months ago, he came across a nice pair of shoes at the store and bought them. They weren't Rockports but they felt and looked good.

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*"85 percent of patients who fulfilled the eligibility protocols, or per-protocol (PP) population, showed complete healing at 24 weeks, compared with 52 percent in the placebo group."*



Please visit [www.gulfcoastfootcare.com](http://www.gulfcoastfootcare.com) for a free copy of "The Foot Book" and "The Heel Pain Book." You can also call 1-888-794-3462 for you copy of "The Foot Book" and 1-866-414-8006 for "The Heel Pain Book."



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*Welcome to the Gulfcoast Foot and Ankle Center, a podiatric medical and surgical practices with offices conveniently located in North Naples, Physicians Regional Medical Center on Pine Ridge Road and Bonita Springs, Florida. Dr. Gordon treats patients in the North Naples and Physicians Regional offices. Dr. Adarve treats patients at the Bonita Springs and Physicians Regional offices and Dr. Crist treats patients at the Bonita Springs and Physicians Regional offices.*

*For more information on our physician's, offices and services, visit us at [www.GulfcoastFootCare.com](http://www.GulfcoastFootCare.com)*

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**Keeping in step: Foot problems common in service industry continued**